

CoolSculpting Marketing Services

The Cocar A&R Co-Op Q4 2022

Total Marketing Expenses (10/1/2022 - 12/31/2022)

Total Google Ads: \$13,194.27
Total Marketing Service Fees: \$10,300.00
Total CoolSculpting Marketing Cost: \$23,494.27

Google Ads | Chris Zelig | The Cocar A&R | All campaigns

Search | Reports | Tools and settings | Refresh | Help | Notifications | 259-215-0574 Chris Zelig christopherzelig@gmail.com

Overview | Campaigns | Recommendations | Insights | Campaigns | Auction insights | Ad groups | Ads & assets | Landing pages | Keywords | Audiences | Settings | Change history | Suggested | Experiments | Devices | Show more

Campaigns | Custom | Oct 1 - Dec 31, 2022 | Show last 30 days

Search | Segment | Columns | Reports | Download | Expand | More

Campaign	Budget	Status	Clicks	CTR	Cost
search coolsculpting	\$141.39/day	All ads limited by policy	688	4.93%	\$13,194.27
search coolsculpting exp reach	\$65.92/day	Paused	0	-	\$0.00
Total: Filtered campaigns			688	4.93%	\$13,194.27
Total: Account			688	4.93%	\$13,194.27

Reporting is not real-time. Time zone for all dates and times: (GMT-07:00) Mountain Time. Learn more
 Some inventory may be provided through third party intermediaries.
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Google Ads | Chris Zelig | The Cocar A&R | search | coolsculpting

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Enabled | Status: All ads limited by policy | Type: Search | Budget: \$141.39/day | Optimization score: 79.1% | More details

Ads | Custom | Oct 1 - Dec 31, 2022 | Show last 30 days

Search | Segment | Columns | Reports | Download | Expand | More

Add dynamic images: Enhance your text ads with your landing page images using dynamic images, which can improve your CTR +5.3% View Apply

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current workspace					
(Keyword: Colorado Center for Aesthetics) CoolSculpting in (LOCATION:City) Freeze Away Body Fat +10 more thecocar.com/coolsculpting/westminster Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. Expert, Safe Fat Loss With Quick...	0. coolsculpting - general	Eligible (Limited) Policy (Restricted medical content +1 more)	163	9.98%	\$4,828.93
Colorado Center for Aesthetics Fat Reduction in Westminster Non-Surgical Fat Reduction +11 more thecocar.com/coolsculpting/westminster Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. Best Prices. FDA-Cleared. Clinically...	x. Expanded Reach	Eligible (Limited) Policy (Restricted medical content +1 more)	227	3.12%	\$3,051.51
Colorado Center for Aesthetics Fat Reduction in Westminster Non-Surgical Fat Reduction +11 more thecocar.com/coolsculpting/westminster Is Freezing Fat Right For You? Book a Free CoolSculpting Consultation Today. Our Biggest CoolSculpting Discount Ever. Ge...	3. lipo	Eligible (Limited) Policy (Restricted medical content +1 more)	205	5.44%	\$2,825.35
(Keyword: Colorado Center for Aesthetics) CoolSculpting in (LOCATION:City) Freeze Away Body Fat +10 more thecocar.com/coolsculpting/westminster Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. Expert, Safe Fat Loss With Quick...	1. coolsculpting - price	Eligible (Limited) Policy (Restricted medical content +1 more)	59	14.79%	\$1,666.42
[Dynamically generated headline] [Dynamically generated display URL] Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Westminster, CO. Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	x. dynamic	Eligible (Limited) Policy (Restricted medical content +2 more)	11	7.91%	\$265.94
[Dynamically generated headline] [Dynamically generated display URL] CoolSculpting® Reduces Fat. No Surgery & Minimal Downtime.	x. dynamic	Eligible (Limited) Policy (Restricted medical content +1 more)	9	6.82%	\$263.53

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Google Ads | Chris Zelig | The Cocar A&R | search | coolsculpting

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Overview | Ads | Recommendations | Insights | Ad groups | Ads & assets | Ads | Assets | Landing pages | Keywords | Audiences | Settings | Change history | Suggested | Experiments | Devices | Show more

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Search | Segment | Columns | Reports | Download | Expand | More

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current workspace					
[Dynamically generated headline] [Dynamically generated display URL] CoolSculpting® Reduces Fat. No Surgery & Minimal Downtime. Learn More About Freezing Fat. Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	x. dynamic	Eligible (Limited) Policy (Restricted medical content +1 more)	9	6.82%	\$263.53
(Keyword: Colorado Center for Aesthetics) CoolSculpting in (LOCATION:City) Freeze Away Body Fat +10 more thecocar.com/coolsculpting/westminster Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Westminster, CO. Expert, Safe Fat Loss With Quick Results...	2. body sculpting	Eligible (Limited) Policy (Restricted medical content +1 more)	9	2.65%	\$191.48
Colorado Center for Aesthetics CoolSculpting in (LOCATION:City) Freeze Away Body Fat +10 more thecocar.com/coolsculpting/westminster Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments. Expert, Safe Fat Loss With Quick...	x. non-service medspa	Eligible (Limited) Policy (Restricted drug terms +1 more)	5	1.97%	\$101.11
(Keyword: Colorado Center for Aesthetics) CoolSculpting in Westminster Fat Reduction Treatment +11 more www.thecocar.com Leading CoolSculpting Provider in Westminster, CO. Schedule a Free Consultation. Top Fat Reduction Treatment. Target Love...	0. coolsculpting - general	Removed	0	-	\$0.00
CoolSculpting in Westminster Fat Reduction Treatment Flexible Payment Options www.thecocar.com Best Prices. FDA-Cleared. Clinically Proven Fat Removal. No Surgery. Minimal Downtime. Leading CoolSculpting Provider in Westminster, CO. Schedule a Free Consultation	0. coolsculpting - general	Removed	0	-	\$0.00
Target Belly Fat. Love Handies Freeze Away Stubborn Fat Top Provider in Westminster www.thecocar.com CoolSculpting Deal. Freeze Fat. Top Provider in Westminster, CO. Free Virtual Consult. Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	0. coolsculpting - general	Removed	0	-	\$0.00
(Keyword: Colorado Center for Aesthetics) New Client Special Freeze Away Stubborn Fat www.thecocar.com Best CoolSculpting Deal. Top Provider in Westminster, CO for Fat Freezing. Free Consult. Top Fat Reduction Treatment. Target Love Handies, Arms, Bra Bulge, Double Chin, & More	0. coolsculpting - general	Removed	0	-	\$0.00

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Overview | Ads | Recommendations | Insights | Ad groups | Ads & assets | Ads | Assets | Landing pages | Keywords | Audiences | Settings | Change history | Suggested | Experiments | Devices | Show more

Enabled | Status: All ads limited by policy | Type: Search | Budget: \$141.39/day | Optimization score: 79.1% | More details

Ads | Custom | Oct 1 - Dec 31, 2022 | Show last 30 days

Search | Segment | Columns | Reports | Download | Expand | More

Ad	Ad group	Status	Clicks	CTR	Cost
Total: Ads in your current workspace					
In Westminster, CO. How Much Does CoolSculpting Cost? Less Than You Might Think. Book A Free Consultation Now			688	4.93%	\$13,194.27
(Keyword: Colorado Center for Aesthetics) CoolSculpting in Westminster Biggest CoolSculpting® Promo +6 more www.thecocar.com Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Westminster, CO. Expert, Safe Fat Loss With Quick Results...	0. coolsculpting - general	Removed	0	-	\$0.00
(Keyword: Colorado Center for Aesthetics) CoolSculpting in Westminster Biggest CoolSculpting® Promo +6 more www.thecocar.com Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Westminster, CO. Expert, Safe Fat Loss With Quick Results...	1. coolsculpting - price	Removed	0	-	\$0.00
(Keyword: Colorado Center for Aesthetics) CoolSculpting in Westminster Biggest CoolSculpting® Promo +6 more www.thecocar.com Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Westminster, CO. Expert, Safe Fat Loss With Quick Results...	2. body sculpting	Removed	0	-	\$0.00
CoolSculpting® in Westminster Limited Time Offer June 2021 Our Biggest Discount Ever www.thecocar.com Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great. Don't Miss Our Biggest Promo Yet. Book a Free Consultation and Lock In Your Discount Today	0. coolsculpting - general	Removed	0	-	\$0.00
Total: Ads in your current workspace			688	4.93%	\$13,194.27
Total: Campaign			688	4.93%	\$13,194.27

Show rows: 500 | 1 - 500 of 659

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Google Ads | Chris Zelig > The Cocar A&R 827-043-2293 | All campaigns > search | coolsculpting

Overview: Enabled, Status: All ads limited by policy, Type: Search, Budget: \$141.39/day, Optimization score: 79.1%

Responsive search ad: Leave feedback

Ad strength: Excellent

- Add more headlines
- Include popular keywords in your headlines
- Make your headlines more unique
- Make your descriptions more unique

Responsive search ads usually need around 2,000 impressions in the "Google Search: Top" segment over 30 days to display a rating in the Performance column. [Learn more](#)

Asset status: All

Asset	Status	Asset type	Position pinning	Impr.	Asset source
Dont Miss Our Biggest Promo Yet. Book A Free Consultation and Lock In Your Discount Today	Approved (limited)	Description	None	1,576	Advertiser
CoolSculpting in (LOCATION)(City)	Approved (limited)	Headline	None	1,522	Advertiser
Our Biggest CoolSculpting Discount Ever. Get Up to 50% Off 8+ CoolSculpting Treatments	Approved (limited)	Description	2nd position	1,445	Advertiser
50% Off 8+ Treatments	Approved (limited)	Headline	None	613	Advertiser
(KeyWord Colorado Center for Aesthetics)	Approved (limited)	Headline	None	477	Advertiser
Huge CoolSculpting Promotion	Approved (limited)	Headline	None	276	Advertiser
Freeze Away Body Fat	Approved (limited)	Headline	None	168	Advertiser
Non-Surgical Fat Reduction	Approved (limited)	Headline	None	83	Advertiser
Top Provider in Westminster	Approved (limited)	Headline	None	35	Advertiser

Google Ads | Chris Zelig > The Cocar A&R 827-043-2293 | All campaigns > search | coolsculpting

Overview: Enabled, Status: All ads limited by policy, Type: Search, Budget: \$141.39/day, Optimization score: 79.1%

Responsive search ad: Leave feedback

Ad strength: Excellent

- Add more headlines
- Include popular keywords in your headlines
- Make your headlines more unique
- Make your descriptions more unique

Asset status: All

Asset	Status	Asset type	Position pinning	Impr.	Asset source
Expert, Safe Fat Loss With Quick Results. Minimal Downtime. Eliminate Fat And Feel Great.	Approved (limited)	Description	None	30	Advertiser
Affordable & Quick Treatments	Approved (limited)	Headline	None	28	Advertiser
How Much Does CoolSculpting Cost? Less Than You Might Think. Book A Free Consultation Now	Approved (limited)	Description	None	27	Advertiser
CoolSculpting Near Me	Approved (limited)	Headline	None	24	Advertiser
Freeze Your Fat Away Today	Approved (limited)	Headline	None	16	Advertiser
Safe + Effective Fat Reduction	Approved (limited)	Headline	None	10	Advertiser
Schedule a Free Consultation	Approved (limited)	Headline	None	8	Advertiser
Fat Reduction Treatment	Approved (limited)	Headline	None	6	Advertiser
Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Westminster, CO	-	Description	None	0	Advertiser
Book Now for Up to 50% Off	-	Headline	None	0	Advertiser
Save 50% On 8+ Treatments	-	Headline	None	0	Advertiser

Google Ads | Chris Zelig > The Cocar A&R 827-043-2293 | All campaigns > search | coolsculpting

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Ad strength: Excellent

- Add more headlines
- Include popular keywords in your headlines
- Make your headlines more unique
- Make your descriptions more unique

Asset status: All

Asset	Status	Asset type	Position pinning	Impr.	Asset source
Fat Reduction Treatment	Approved (limited)	Headline	None	6	Advertiser
Best CoolSculpting Deal. Freeze Away Stubborn Fat. Top Provider in Westminster, CO	-	Description	None	0	Advertiser
Book Now for Up to 50% Off	-	Headline	None	0	Advertiser
Save 50% On 8+ Treatments	-	Headline	None	0	Advertiser
Our Biggest CoolSculpting Discount Ever. Save 50% On 8+ Treatments of CoolSculpting.	-	Description	2nd position	0	Advertiser
50% off 8+ treatments	-	Headline	None	0	Advertiser
Our Biggest CoolSculpting Discount Ever. Save Up to 50% Off 8+ CoolSculpting Treatments	-	Description	2nd position	0	Advertiser

Show rows: 500 | 1 - 23 of 23

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Overview: Enabled, Status: All ads limited by policy, Type: Search, Budget: \$141.39/day, Optimization score: 79.1%

Assets

Table view: Associations

Asset type: All

Asset	Added to	Level	Status	Clicks	CTR	Cost
Service catalog: CoolSculpting, Non-Surgical Liposuction, Cellulite Reduction, Double Chin Reduction, Coolimini, Fat...	search coolsculpting	Campaign	Eligible	3	5.56%	\$64.29
CoolSculpting CoolSculpting: The Top Non-Surgical Fat Reduction Treatment. Learn More	search coolsculpting	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	416	6.04%	\$9,527.09
Why Choose Us? Read About What Sets Us Apart from Other Medspas in Westminster, CO	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	405	5.99%	\$9,130.87
About Us Learn More About Our Team, Location and Available Beauty Treatments	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	358	5.71%	\$8,094.31
Book A Free Consultation Contact Us Today to Schedule Your Free Consultation.	Account	Account	Eligible (Limited) Policy (Restricted medical content +1 more)	345	5.80%	\$8,013.51
Freeze Your Fat	search coolsculpting	Campaign	Eligible	60	6.27%	\$1,592.45
FDA Cleared	search coolsculpting	Campaign	Eligible	56	5.73%	\$1,450.50

Google Ads | Chris Zelig > The Cocar A&R 827-043-2293 | All campaigns > search | coolsculpting

Overview: Enabled, Status: All ads limited by policy, Type: Search, Budget: \$141.39/day, Optimization score: 79.1%

Assets

Asset type: All

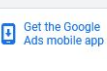
Asset	Added to	Level	Status	Clicks	CTR	Cost
FDA Cleared	search coolsculpting	Campaign	Eligible	56	5.73%	\$1,450.50
Highlights: No Surgery	search coolsculpting	Campaign	Eligible	45	5.74%	\$1,111.61
Nonsurgical Fat Reduction	search coolsculpting	Campaign	Eligible	40	5.52%	\$1,056.38
Liposuction Alternative	search coolsculpting	Campaign	Eligible	35	4.62%	\$873.56
Contact Us + Free Consult	Account	Account	Eligible	0	-	\$0.00
5-Star Rated Medspa	Account	Account	Eligible	0	-	\$0.00
Up to 50% Off	search coolsculpting	Campaign	Removed	0	-	\$0.00
Fall Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	280	5.70%	\$5,573.28
Winter Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	151	6.76%	\$2,943.07
Winter Sale - 50% off 8+ Treatments	search coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
Summer Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00
(720) 326-6028	Account	Account	Eligible	41	4.97%	\$785.88

Overview **Enabled** Status: All ads limited by policy Type: Search Budget: \$141.39/day Optimization score: 79.1% [More details](#)

Recommendations		Asset status: All		Asset type: All		Add filter		Segment	Columns	Reports	Download	Expand	More
Insights	Asset	Added to	Level	Status	Clicks	CTR	Cost						
Ad groups	<input type="checkbox"/>	Fail Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	280	5.70%	\$5,573.28					
Ads & assets	<input type="checkbox"/>	Winter Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Eligible (Limited) Policy (Restricted medical content +1 more)	151	6.76%	\$2,943.07					
Landing pages	<input type="checkbox"/>	Winter Sale - 50% off 8+ Treatments	search coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00					
Keywords	<input type="checkbox"/>	Summer Sale - Up to 50% off 8+ Treatments	search coolsculpting	Campaign	Removed Policy (Restricted medical content +1 more)	0	-	\$0.00					
Audiences													
Settings													
Change history													
Suggested	<input type="checkbox"/>	(720) 326-6028	Account	Account	Eligible	41	4.97%	\$785.88					
Experiments	Total: Sitelinks					419	6.04%	\$9,549.37					
Devices	Total: Callouts					115	5.45%	\$2,874.15					
	Total: Structured snippets					3	5.56%	\$64.29					
	Total: Calls					41	4.97%	\$785.88					
	Total: Promotions					431	6.04%	\$8,516.35					

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How to Reduce Love Handles

October 1, 2022

It is not uncommon for stubborn fat to accumulate in the midsection. Many people search for "how to reduce love handles" every day. However, tackling muffin tops and saddlebags can be a challenge. Various factors like diet, genetics, and hormones affect how much side fat a person has.

Though a natural part of life, love handles can be embarrassing. Continue reading to find out what causes fat accumulation, how to prevent it, and how non-invasive treatments like [CoolSculpting](#) help.

What Are Love Handles?

Love handles are fat bulges that do not go away even with the right diet and active lifestyle. Unfortunately, stubborn fat is often out of our control. As we age, our metabolism slows down, and our bodies store more fat. Women usually observe excess fat in the hips, thighs, and buttocks. Men get more fat on their chests and bellies.

[Learn more about non-invasive CoolSculpting>>](#)

Workouts for Banishing Love Handles

If you are looking for a workout to target love handles, you will be disappointed. There is no such thing as "spot treating." To lose your love handles through exercise, you must lose weight all over your body. A good place to start is with cardio:

- Swimming
- Brisk walking
- Biking
- Boxing
- Dancing
- Jogging
- Kickboxing
- Running

Cardio is a fantastic way to bolster heart health, shed extra pounds, and tone up. After establishing a robust cardio routine, you can incorporate these stomach-friendly exercises:

- Abdominal scissors
- Mountain climbers
- Planks
- Side planks
- Russian twists
- Woodchoppers

It is imperative to be mindful of form when practicing these exercises. Bad form can lead to injury.

[See impressive CoolSculpting before and after results>>](#)

Eat Right to Reduce Excess Fat

After getting a solid workout routine down, it is time to put in some work in the kitchen. Regular exercise is vital for good health, but it is not enough. You must also nourish your body with healthy meals. A nutritious diet goes a long way in helping to prevent and reduce love handles. Incorporating the right amount of protein can also help your muscles grow strong.

Some tips for clean eating include:

- Eat more fruits and vegetables
- Avoid refined carbohydrates
- Stay away from sugary foods and drinks
- Keep unhealthy fats and processed snacks to a minimum

Tackle Side Fat with CoolSculpting

After months of consistently working out and eating right, you should start seeing some improvement. But if you still have love handles that refuse to go away, CoolSculpting may help. It is a non-invasive fat-reduction treatment that essentially freezes stubborn fat cells to death. Dead fat cells come out of the body and do not regrow. Results from CoolSculpting can be long-lasting if you keep up your healthy lifestyle.

Men and women enjoy this innovative fat-freezing solution because sessions are quick, painless, and convenient. They also get impressive results without having to go under the knife. Say goodbye to excess fat and hello to your dream body.

CoolSculpting Near Me

If you are curious about more ways on how to get rid of love handles, contact the Colorado Center Aesthetics and Rejuvenation. We are a leading provider of CoolSculpting in Westminster, CO. Book your free consultation today by calling [720-326-6028](tel:720-326-6028).

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full name _____

email _____

phone _____

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SOURCES:

[Allergan Receives FDA Clearance For the CoolSculpting® Treatment To Improve Appearance Of Lip Tissue In The Double Chin](#)

[Cryolipolysis and Skin Tightening](#)



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email_

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5 Things You Didn't Know About Body Contouring

November 15, 2022

When it comes to body contouring, there are countless options to consider. Unfortunately, there are also misunderstandings about what this procedure can do for your body. We're here to clear up some common misconceptions about body contouring and provide valuable information to help you make an informed choice.

What Is Body Contouring?

Body contouring is a method of removing excess fat and skin while also tightening underlying tissue. This procedure can improve the appearance of any area of your body that needs improvement.

What Should I Know About Body Contouring?

With so much conflicting information about body contouring, you may wonder, "what are the facts?" Here are some basics to know:

1. There Are Many Non-Surgical Options

Depending on your body goals, there are plenty of ways to contour your body without going under the knife. For example, **CoolSculpting** is a popular non-invasive body contouring procedure. It freezes stubborn fat via controlled cooling technology. As a result, the device eliminates unwanted fat deposits with no incisions or downtime and little discomfort.

[See impressive CoolSculpting before and after results here>>](#)

2. It Can Help When Diet and Exercise Aren't Enough

Many people must recognize that body contouring isn't a weight loss treatment. In other words, it shouldn't substitute for diet and exercise. Overweight men and women will likely need more than just body contouring to reach their ideal weight and shape. Body contouring works best on individuals that aren't overweight but have stubborn pockets of fat that won't respond to diet and exercise. The treatment can help you achieve your dream body while preserving skin tone and texture.

3. Many Doctors Offer Personalized Plans

Doctors often recommend non-surgical body contouring based on patients' unique desires and goals. Before getting started, a specialist will ask you questions about:

- What you want to achieve
- How much time and money you have to invest in the process
- Trying different treatments until you find what works best for your body type

From there, they may suggest options for providing a safe and effective treatment plan that doesn't require surgery.

4. Results Take Time

Unlike liposuction, body contouring is a gradual process. You won't wake up one morning and look like you've instantly lost ten pounds. It takes time for the fat cells to shrink, just as they take time to grow.

Surgery can be an exciting option for people who want immediate results or a drastic change in appearance. But invasive body contouring comes with a list of cons and side effects. For those who would instead try something virtually painless, non-invasive techniques are the way to go. With proper care and maintenance after the final session, most patients see full results within three to six months.

5. You Must Maintain Your Results with Proper Aftercare

Maintenance is necessary for long-lasting body contouring results. Aftercare typically involves exercising daily and eating healthy, well-rounded meals. Just because you get body contouring doesn't mean you can throw a healthy lifestyle out the window!

Try Body Contouring at The Colorado Center for Aesthetics and Rejuvenation

Body contouring is a safe and effective treatment for reducing stubborn fat. With an excellent reputation built on years of experience in the industry, The Colorado Center for Aesthetics and Rejuvenation has a wide range of body enhancement treatments available. Whether you're looking to reduce your waistline or tackle loose skin, our staff can help you achieve impressive results with minimal downtime. Book a free consultation today by calling [720-326-6028](tel:720-326-6028).

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email_

phone_

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SOURCES:

¹ [CoolSculpting For Noninvasive Body Contouring](#)

² [Safety, Tolerance, And Patient Satisfaction With Noninvasive Cryolipolysis](#)

³ [Long-term efficacy follow-up on two cryolipolysis case studies: 6 and 9 years post-treatment](#)



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email...

phone...

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5 Ways to Lose That Stubborn Back Fat

📅 November 30, 2022

If you are one of many who suffer from stubborn back fat, then you know how frustrating it can be. Unfortunately, the truth is that this is a common problem among men and women. Fortunately, committing to some lifestyle changes can help. And if your body needs an extra boost, [CoolSculpting](#) may be a promising solution for back fat reduction.

Are you ready to take the next step towards better health and achieving an attractive figure? Here are five ways to get there.

1. Cut Down on Refined Sugar

The first step to losing fat on your back is to reduce refined sugar intake. Almost all processed foods, like cakes, cookies, and ice cream, are refined sugars. Eliminating sugary treats from your diet is easier than it seems. You can still enjoy sweet treats every once in a while. Consider baking using ingredients like honey or fruit purée instead of white sugar at home. Homemade goodies will not have the same adverse effects on your body as store-bought junk foods.

In addition to back fat reduction, cutting down on refined sugars offers another major benefit. Since white sugar causes spikes in blood glucose levels (which make us hungry), eating less will help curb cravings and keep hunger pangs at bay. This can make it much easier for you to reach your weight loss goals!

2. Increase Vegetable and Fruit Intake

Fruits and vegetables are high in fiber, which helps you feel satiated. They also control your blood sugar levels and prove the way your body processes fat. Eating more fruits and vegetables helps you lose stubborn fat by making you feel fuller longer.

3. Get Ample Sleep

Getting enough sleep is crucial for good health, well-being, and body composition. In addition to reducing back fat, there are numerous benefits to making sleep a priority:

- Help your body repair muscles and tissues
- Keep your immune system strong
- Burn fat while you rest

4. Incorporate Cardio Into Your Daily Routine

Cardio is an effective way to burn calories and lose overall body weight. Incorporating some form of it each day can help you shed back fat. If you are not a fan of running, there are other cardiovascular activities you can try:

- Brisk walking
- Cycling
- Swimming
- Dancing
- High-intensity interval training (HIIT)

The key is to find an activity that will increase your heart rate and burn energy. And more importantly, find something that you will enjoy doing so that you stick with it.

5. Try CoolSculpting

CoolSculpting is a non-invasive, FDA-cleared body contouring treatment that freezes stubborn fat cells without surgery. Men and women love this solution because it provides [exceptional results and eliminates back fat](#) with virtually no pain or downtime. While it is not a weight loss program, it can help you target fat in hard-to-lose areas like the back.

Back Fat Reduction in Westminster, CO

Losing back fat is a process that takes time to see results. However, with patience, dedication, and commitment to these five tips, you can eliminate pesky rolls in no time.

Take back fat reduction to the next level with CoolSculpting at the Colorado Center for Aesthetics and Rejuvenation. We are the leading provider of this popular body contouring treatment in Westminster, CO. Learn more by calling us at [720-326-6028](tel:720-326-6028). Book a free initial consultation to learn how fat-freezing can help you banish stubborn back fat.

SCHEDULE A CONSULTATION

full name...

email...

phone...

BOOK NOW

By submitting this form you agree to be contacted via phone/text/email.

SOURCES:

- ¹ [Cryolipolysis For Noninvasive Body Contouring](#)
- ² [Safety, Tolerance, And Patient Satisfaction With Noninvasive Cryolipolysis](#)
- ³ [Long-term efficacy follow-up on two cryolipolysis case studies: 6 and 9 years post-treatment](#)

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INVOICE

BILL TO

Dr. Gajewsk
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& Rejuvenation
4750 W. 120th Ave #800
Westminster, CO 80020

INVOICE # 1908

DATE 10/01/2022

DUE DATE 10/01/2022

TERMS Due on receipt

ACTIVITY	DESCRIPTION	QTY	RATE	AMOUNT
Digital Marketing Monthly Management	<ul style="list-style-type: none">• Monthly management of Google Ads / Social Media Ads• Optimize campaigns for conversions monthly• Monitor budget and adjust bids to gain better ROI• Manage keyword selection and audience targeting• Consult Exit pop technology to increase leads	1	1,500.00	1,500.00
Content Creation + Search Engine Optimization (SEO) - Monthly	<p>CONTENT: (2) 500+ word article(s) published to the blog each month. Articles include multimedia (i.e., images and videos, etc.). *The article(s) may be substituted for content added to service pages instead of the blog.</p> <p>ON-SITE SEO: Monthly website optimization and management, including improvements to design or development following industry best practices for technical SEO. May include adding more content (i.e., text, images, multimedia) to service pages.</p> <p>LOCAL SEO: Google Business Profile: Creation, management, and monthly updates to the client's Profile. Listings in online directories. Management of Google Maps listing.</p> <p>DATA MONITORING AND REPORTING: Set-up and management of Google Search Console Data monitoring from various SEO tools to ensure optimal performance Regular SEO reporting to the client</p>	1	1,500.00	1,500.00

PAYMENT
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DATE 11/01/2022

DUE DATE 11/01/2022

TERMS Due on receipt

ACTIVITY	DESCRIPTION	QTY	RATE	AMOUNT
Digital Marketing Monthly Management	<ul style="list-style-type: none">• Monthly management of Google Ads / Social Media Ads• Optimize campaigns for conversions monthly• Monitor budget and adjust bids to gain better ROI• Manage keyword selection and audience targeting• Conversion Tools + Lead Nurturing Technology	1	1,500.00	1,500.00
Content Creation + Search Engine Optimization (SEO) - Monthly	<p>CONTENT: (2) 500+ word article(s) published to the blog each month. Articles include multimedia (i.e., images and videos, etc.). *The article(s) may be substituted for content added to service pages instead of the blog.</p> <p>ON-SITE SEO: Monthly website optimization and management, including improvements to design or development following industry best practices for technical SEO. May include adding more content (i.e., text, images, multimedia) to service pages.</p> <p>LOCAL SEO: Google Business Profile: Creation, management, and monthly updates to the client's Profile. Listings in online directories. Management of Google Maps listing.</p> <p>DATA MONITORING AND REPORTING: Set-up and management of Google Search Console Data monitoring from various SEO tools to ensure optimal performance Regular SEO reporting to the client</p>	1	1,500.00	1,500.00

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INVOICE # 1984

DATE 12/01/2022

DUE DATE 12/01/2022

TERMS Due on receipt

ACTIVITY	DESCRIPTION	QTY	RATE	AMOUNT
Digital Marketing Monthly Management	<ul style="list-style-type: none">• Monthly management of Google Ads / Social Media Ads• Optimize campaigns for conversions monthly• Monitor budget and adjust bids to gain better ROI• Manage keyword selection and audience targeting• Conversion Tools + Lead Nurturing Technology	1	1,500.00	1,500.00
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Text Blast	Black Friday: Set up Fee: \$250, 11/15: 1,938, \$150 11/25: 1,699, \$150	1	550.00	550.00

ACTIVITY	DESCRIPTION	QTY	RATE	AMOUNT
Email Blast	Email Blast	1	750.00	750.00
Website Development	Shopping Cart	10	200.00	2,000.00
Credit	Shopping Cart Comped	1	- 2,000.00	-2,000.00

PAYMENT	4,300.00
BALANCE DUE	\$0.00